Abstract of the Disclosure

The objective is to provide a terminal that can be used in waterproof electric connectors without damaging the sealing member thereof and can reliably prevent the body and the spring from being deformed through reducing the load on the body and enhancing the strength of the body. The terminal according to the present invention comprises a rectangular-tube-shaped body being formed of a cross plate, a first vertical plate and a second vertical plate bending from both ends in the width direction of the cross plate and rising to one side in the thickness direction, an inner plate bending from the first vertical plate and extending in the width direction close to the second vertical plate, and an outer plate bending from the second vertical plate and extending in the width direction close to the first vertical plate to overlap with the inner plate, a connecting part extending from the body, and a laid-down protruding piece bending from the end in the width direction of the outer plate of the body to reverse in the width direction, extending in the width direction and having a width equal to or narrower than the width of the outer plate.